



DEPARTMENT OF THE NAVY
BUREAU OF MEDICINE AND SURGERY
7700 ARLINGTON BOULEVARD
FALLS CHURCH, VA 22042

Canc: Jul 2015
IN REPLY REFER TO
BUMEDNOTE 6100
BUMED-M09B

JAN 21 2015

BUMED NOTICE 6100

From: Chief, Bureau of Medicine and Surgery
To: All Internal BUMED Codes

Subj: CYCLE 1 2015 PHYSICAL FITNESS ASSESSMENT

Ref: (a) OPNAVINST 6110.1J

1. Purpose. Per reference (a), the Bureau of Medicine and Surgery (BUMED) will be conducting its semi-annual Physical Fitness Assessment (PFA) from **30 March - 24 April 2015.**

2. Scope. All BUMED military personnel will participate in the PFA; excluding members who are either medically excused or temporarily assigned for the entire cycle. Members on board less than 10 weeks are not excused from mandatory participation in the PFA.

3. Responsibilities. All BUMED military personnel will:

a. Have a current Physical Health Assessment (PHA) prior to participating in the PFA.

b. Complete NAVPERS 6100/3, Physical Activity Risk Factor Questionnaire (PARFQ) via Physical Readiness Information Management System (PRIMS), no later than **15 March 2015.** Members who answer "yes" to any question on the PARFQ must print a hard copy of the PARFQ, sign and turn into the Command Fitness Leader (CFL) at cubicle 2NW132B.

c. PARFQs with a "yes" answer to questions number 1 (over 50 years of age) and/or number 5 (long term maintenance medications) do not require a PCM visit for clearance, but still must be printed, signed and turned into the CFL.

d. All other "yes" answers require a PCM visit. If a medical waiver is indicated, the medical waiver request (NAVMED 6110/4) must be submitted (with the member's Primary Care Provider's (PCM) signature in Section 3 only) to the CFL no later than **15 March 2015.** Members' PCMs are not authorized to sign for the BUMED Authorized Medical Department Representative (AMDR).

4. Body Composition Assessment (BCA) Schedule.

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a. BCAs will be conducted on the following days from 0730 - 0830 in the Defense Health Headquarters (DHHQ) gym: **30 March and 3, 6, 10, 13, 17, and 20-23 April**. The Navy Physical Training Uniform (PTU) or uniform of the day is required for height and weight measurement. No weight allowance is given for clothing. If circumference tape measurement is required, personnel must report in Navy PTU. Restrictive undergarments are not allowed if tape measurement is required. (i.e. spandex, biker shorts, support hose, etc.)

b. BCA will be taken on all members. Medical waivers for the BCA shall only be issued for members who are recuperating from a medical or surgical condition that interferes with accurate and valid measurement and must be approved by the BUMED AMDR. Inability to exercise is not a valid excuse for BCA waiver. PRTs will be performed between 1-45 days after the members' BCAs. There will be no courtesy BCAs **13 April-4 May 2015**.

5. Physical Readiness Test (PRT) Schedule.

a. The PRT will be conducted **31 March or 13-24 April 2015**. Calendars will be posted in the BUMED pantries and main passageway hatches for dates and times of all testing opportunities. PRTs must be done at a minimum of 4 months after the member's previous test.

b. Run events will be held at Idylwood Park, including the warm up, curl ups, push-ups, and cool down. Transportation from the DHHQ Visitor's Entrance will depart at 0810 and 1240. The alternate cardio events authorized for this cycle will be the treadmill, swim, elliptical, and stationary bike.

c. All PRT participants completing the stationary bike, elliptical, and treadmill options will muster in the DHHQ gym before events. For the swim and outdoor run options, the entire event will take place at the pool and running trail. Mats for curl ups will be available.

d. The swim event will be held at Providence Recreation Center on **15 and 22 April 2015**, including the warm-up, curl-ups, and push-ups. Mats will be provided. Transportation from DHHQ will depart at 1340.

e. All members must sign up for their events at the BCA or via SharePoint. Details are forthcoming in the BUMED Plan of the Week.

f. Navy PTU with shirts tucked into shorts is the required uniform during the PRT for participants and ACFLs. The official Navy sweat suit is an appropriate, alternative option.

g. Only curl-ups and push-ups demonstrated in the proper form will be counted. Members will receive two verbal warnings if their

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form is improper and if it is not corrected, the member will be asked to stop the test. Proper form instruction will be provided by ACFLs at any Fitness Enhancement Program (FEP) sessions posted on the monthly calendar in the DHHQ Gym. See Navy Personnel Command (NPC) Physical Readiness site for video demonstrations of proper curl-up and push-up form.

6. Early PFA. BCA for the early PFA will be from 0730 - 0830 on **30 March 2015**. PRT events will begin at 0730 for elliptical, bike, and treadmill events and 0830 for the outdoor run event on **31 March 2015**. Early swimmers must make arrangements with the CFL ASAP.

7. Make-up PFA. The make-up PFA is only authorized if members are on TAD or leave during the early or regular schedule. BCAs for the make-up PFA will be conducted from 0730-0830 on **4 May 2015**. PRT events will be conducted on **5 May 2015** at 0830 and 1300. Personnel who do not complete the PFA by **5 May 2015** will be marked as an unauthorized absence (UA) in PRIMS which is counted as a failure.

8. Bad Day Policy. The bad day policy does not apply for BCAs. Bad day requests for the PRT must be made to the Chief of Staff (COS) within 24 hours of completing the PRT. If the request is granted, members must retake the PRT within 7 days of their initial PRT attempt. Only failed events will be retested. The Bad Day Rule is not intended for members to improve scores on passed events.

9. Unauthorized Non-participation. At the end of each PFA cycle, the COS has authority to determine whether non-participation was authorized or unauthorized. All unauthorized non-participation shall be designated as "UA" in PRIMS and scored a PFA failure.

10. Information. Individuals are encouraged to begin preparing now. Members who are typically close to the height/weight standards are strongly encouraged to participate in the FEP sessions posted on the monthly calendar in the DHHQ Gym and obtain a courtesy BCA upon release of this notice. A courtesy BCA can be obtained on Mondays at either 0630 or 1400 during the FEP sessions in the DHHQ gym.

11. Pregnant Service women are not required to meet BCA or PRT standards from the time pregnancy is confirmed until 6 months following postpartum con-leave and upon return to full duty by their health care provider.

12. Records Management. Records created as a result of this notice, regardless of media and format, shall be managed per SECNAV M-5210.1 of January 2012.

13. Forms.

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a. NAVPERS 6110/3 (07-2011), Physical Activity Risk Factor Questionnaire is available electronically at the Navy Personnel Command Reference Library:
<http://www.public.navy.mil/bupersnpc/reference/Forms/NAVPERS/Pages/default.aspx>.

b. NAVMED 6110/3 (07-2011), Physical Fitness Assessment Medical Clearance/Waiver is available at:
<http://www.med.navy.mil/directives/Exorms/NAVMED%206110%204.pdf>.



P. B. COE
Chief of Staff
Acting

Distribution:
<http://www.med.navy.mil/directives/Pages/BUMEDHQNotes.aspx>